

## Abstract

A shaped body (1) of plastic material with rounded outer contours is used for carrying out a method of active motion therapy by filling bulk material (11) of shaped bodies (1) into a container (12). The limbs (13) to be trained are immersed into the bulk material (11) and exercises are carried out. The shaped body (1) is symmetrical relative to a first plane defined by a first substantially oval outer periphery (U1) of the shaped body (1), asymmetrical relative to a second plane substantially perpendicular to the first plane and defined by a second substantially oval outer periphery (U2) of the shaped body (1), and asymmetrical relative to a third plane defined by a third outer periphery (U3) of the shaped body (1), which is substantially perpendicular to both the first and second planes. The shaped body effects a resistance to motion which is nearly independent of the exercising direction.